

Executive Medicine
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Premium Assessment

Two step process

1.5 hours in length

The **Premium** assessment is a comprehensive clinic based service, perfect for busy executives or individuals concerned with addressing key health risk areas. All of the elements of a thorough assessment are included allowing for sound analysis by our experts in this field.



This assessment is suited to individuals over 30 years and those who want to be guided along the healthy corridor. Your appointment is a combination of Doctor and Exercise Physiologist expertise.

Scheduled as follows:

Assessment Details

Step 1 pathology:

Pathology is performed by a clinical pathology service. Individuals are required to attend one of the conveniently located centres a minimum of 4 days prior to their assessment.

Pathology (prior to appointment)

Pathology will include:

- Full lipid profile (cholesterol, HDL, LDL, triglycerides)
- Blood glucose (diabetes screen)
- Liver function
- Kidney function
- Full blood count
- Prostate Specific Antigen (men)
- Uric Acid
- Thyroid Stimulating Hormone (women)

Medical Questionnaire (prior to appointment)

The questionnaire will include:

- Full lifestyle evaluation including physical activity and nutrition
- Full medical questionnaire

Current and past medical conditions

Individuals are required to complete the questionnaire and bring to their assessment.

Step 2 the appointment:

Physical Elements Biometrics (30 mins)

Coronary Risk

- Height, weight, waist/hip ratio
- Body composition and fat measurement
- Blood pressure
- Resting heart rate

Step 2 the appointment:

Injury Prevention

- Abdominal strength & endurance
- Flexibility analysis

Exercise Physiology component

- Nutrition evaluation
- Exercise prescription
- Lifestyle recommendations

Medical Consultation with Physician (30 mins)

Medical Examination

- Medical/lifestyle evaluation
- Eyes, Ears, Mouth
- Respiratory System
- Cardiovascular System
- Skin cancer check
- Bowel cancer screening kit
- Abdominal
- Genitourinary
- Prostate check
- Breast check
- Urinalysis

Heart Evaluation (25 mins)

Combined analysis of:

- Resting electrocardiogram (ECG)
- Maximal Stress test (exercise) ECG

Total medical case management and referral (medical and musculoskeletal issues if indicated). Ongoing care and follow up if required.

Finish up (5 mins)

Time to shower, dress and depart

Reporting (post appointment)

All of our clients' receive a comprehensive personal health and lifestyle management report outlining key risk areas, with detailed recommendations from both the Doctor and Exercise Physiologist as well as health, safety and well-being resources.